

[@michellesadowskiconsulting](https://www.instagram.com/michellesadowskiconsulting)

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Sample Daily/Weekly Schedules

Mon, Wed, Fri

Time	Activity
9:00-10:00	Math
10:00-10:30	Snack/Break
10:30-11:30	Language Arts
11:30-12:00	French
12:00-12:45	Lunch/Break
12:45-1:30	Science/Social Studies
1:30-2:15	Independent Research Project
2:15-3:00	Finish up Time!

Tues, Thurs

Time	Activity
9:00-10:00	Language Arts
10:00-10:30	Snack/Break
10:30-11:30	Math
11:30-12:00	Art/Drama/Dance
12:00-12:45	Lunch/Break
12:45-1:30	Science/Social Studies
1:30-2:15	Health/PE
2:15-3:00	Finish up Time!

Alternate Timing Blocks

Earlier Start

Time	Activity
8:30-9:30	
9:30-10:00	Snack/Break
10:00-11:00	
11:00-11:30	
11:30-12:15	Lunch/Break
12:15-1:00	
1:30-2:00	
2:00-2:30	

Later Start

Time	Activity
9:30-10:30	
10:30-11:00	Snack/Break
11:00-12:00	
12:00-1:00	Lunch/Break
1:00-1:45	
1:45-2:15	
2:15-2:45	Snack/Break
2:45-3:30	

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Sample Daily/Weekly Schedules

Kindergarten/Primary Age Group

Time	Activity
9:00-9:30	Circle Time/Morning Songs
9:30-10:00	Free Choice
10:30-10:45	Snack
10:45-11:15	Language Arts
11:15-11:45	Art/Drama/Dance
11:45-12:45	Lunch/Rest Time/Break
12:45-1:15	Math
1:15-1:30	Story Time
1:30-2:00	Free Choice

Junior/Senior Age Group

Time	Activity
9:00-10:30	Language Arts
10:30-11:00	Snack/Break
11:00-12:00	Math
12:00-1:00	Lunch/Break
1:00-2:00	Science/Social Studies
2:00-2:30	French
2:30-3:00	Health/PE
3:00-3:30	Finish Up Time